



**In Your Corner** are an award-winning social enterprise. We run non-contact boxing groups with integrated psychological support to improve emotional wellbeing in young people. We work with some of the most complex young people in schools, with proven outcomes including increased confidence, inclusion, and development of emotion regulation skills.

We use boxing as a hook to engage young people. Groups offer the physical benefits and sense of achievement that comes from mastering boxing. We balance this with social and emotion-focused activities, delivered by expert psychology professionals. This unique combination leads to improved emotion regulation, reduced stress and anger, and increased confidence.

**Benefits for young people**

Improved attendance, focus and concentration

Improved ability to manage feelings and behaviour

Gain AQA unit in boxing skills as a qualification

**Benefits for your school**

Bespoke content to meet your group's needs

Full evaluation to demonstrate impact

Reflective practice groups support staff wellbeing

It's not just about boxing. You also learn about yourself and your feelings. Chill skills really helped me pay attention to how my body feels

**Young person**

**Our impact in schools projects 2022-23**



**100%** of students gained their **AQA boxing skills** qualification



Students made "clinically meaningful" levels of positive change on their **emotional wellbeing** goals, with an average increase of

**+29%**



of students reported increased **confidence**, with an average increase of **+26%**

I'm using breathing exercises in class if I feel stressed. It's made me even more focused and I understand a lot more. I feel more confidence talking in class.

**Young person**

## ? How it works

We deliver term time groups, during the day, for up to 14 young people, in blocks of 10-12 weeks. We run parallel staff groups before or after school.

Prices start at £9298 for 20 weeks and include access to boxing equipment (gloves, pads, ropes).

As every programme is bespoke to the needs of each school, specific prices are available on request.



## Supporting staff wellbeing

We know you do your best work when you feel well supported. We offer reflective practice groups for school staff teams, which promote resilience, reduce stress and improve team relationships.

Groups bring together staff from across the school for a boxing session, followed by a reflective discussion facilitated by an expert psychology professional. Here, staff can discuss dilemmas or emotional stresses associated with their work, in a supportive environment.

Having dedicated, purposeful time to be reflective every two weeks really helps to keep us all on the same page in understanding where young people are at. We are able to brainstorm new strategies and methods to try out with groups as well as with individuals. The input of a clinician who is not directly involved is vital, as we are able to gain an outsider's perspective on how certain young people may be feeling inside and outside of lessons.

**Pastoral Lead**

## Building the right programme for you

- We work with your staff to develop bespoke groups that meet a particular need in your students.
- Our attachment and trauma-informed therapeutic coaching model maximises the emotional wellbeing benefits of boxing.
- Groups are co-facilitated by a member of our clinical psychology team and a boxing coach, ensuring adherence to best available evidence and positive impact.

## i Key information



All students set and review personalised emotional wellbeing goals to work towards



An expert mental health professional and accredited boxing coach attend every session



All staff have enhanced DBS and safeguarding training